

NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: June 8, 2006

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input type="checkbox"/>
LRC	<input type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

Welcome

Mae Hafizi

For your convenience, minutes are color coded as such:

- Red requires attention and/or feedback from the field.
- Green is informational.
- Black is speaker presentations.

Today's guest speakers and topics are:

- Jennifer Blok MA: Exploration Wellness at JSC
- Kris Calderon PhD: Multidisciplinary Health Promotion at KSC

HPW Committee Communication

Mae Hafizi

Annual Conference

The annual NASA OH Conference will be meeting in Charleston, SC from July 17-21st. The deadline to receive the special rate for hotel reservation is June 21st. **PLEASE REGISTER FOR THE CONFERENCE ON- LINE AT www.ohp.nasa.gov AND BOOK YOUR ROOM WITH THE FRANCIS MARION HOTEL DIRECTLY.**

Agenda and registration: http://ohp.nasa.gov/conference_info/2006/ohconf/index.html

Please note the following programs at the conference – 1) A Professional Development Course will be held on Monday July 17th, 2006 titled Basic Disaster Life Support (BDLS). This is a Certification Course with a competency exam at the end of the day. The course provider is the Medical College of Georgia (MCG). 2) One of the plenary presentations on

Thursday July 20th, 2006 is noteworthy. The topic is Disaster Mental Health and the provider is: Richard Klomp from the CDC. He brings a lot of field experience to the discussion.

HealthierYou 2007

OCHMO's request for a health calendar for 2007 has been met. We are currently in the design phase. I thank the planning committee for their assistance and review of the material. **If you have a healthy recipe for the calendar please Email it to Mae Hafizi hafizh@kscems.ksc.nasa.gov**

We are negotiating with a vendor to purchase an on-line educational packet on some of the main topics of health promotion e.g., physical activity, mental health, nutrition. I will keep you posted.

We are continuing to investigate commercial HRAs for the agency purchase.

Please mark your calendars with the following information regarding Health Promotion and Wellness Committee ViTS 2007

Thursday 3.8.07 12Noon – 13:00PM Eastern

Wednesday 6.6.07 13:00Pm- 14:00PM Eastern

Thursday 9.13.07 12Noon – 13:00PM Eastern

Thursday 12.13.07 12Noon – 13:00PM Eastern

HealthierNASA 2006

Antibiotic Resistance pamphlets and the Mayo Plan books have been mailed.

NASA's subscription to Mayo Clinic's HQNL has been extended for two additional years-through 9/2008.

Guest Speakers

Exploration Wellness
Jennifer Blok, MA, CHES
jennifer.blok1@jsc.nasa.gov
JSC Wellness Manager

JSC's new Wellness Program, titled Exploration Wellness, was launched in mid January 2006. The program has had strong support and endorsement from JSC senior leadership. It entails a partnership between Human Resources (Starport Exchange), Space Life Sciences (Occupational Health) and Contractor Companies. The program is designed to establish and maintain an environment that encourages employees to make healthy lifestyle choices.

The program's core components are:

- Behavior Change which includes the existing Health Related Fitness Programs that are directed by Larry Wier Ed.D and well recognized on the Center for the past 20 years. The program also includes a Registered Dietician on staff to support four classes per year and personal consultations.
- Population specific health education programs (special needs population) such as fit pregnancy.
- Disease Management Education such as Type II Diabetes education.
- Wellness Assessment (HRA) which provided aggregate data to the JSC Wellness Manager in order to streamline and re-focus health promotion efforts.
- Personal Fitness Assessment and Counseling to help employees get started in physical activity and fitness without being overwhelmed.

- Incentive Programs such as Commit to Get Fit, 5 a Day Challenge, or Maintain Don't Gain. Commit to Fit assigns points for extended physical activity; Maintain Don't Gain focuses on the end of the year (holiday months) struggles to avoid weight gain.
- Monthly event calendar to be made available as of July.
- Interactive Wellness Website at www.explorationwellness.com, is a highly personalized portal to wellness management, accessible from work or home (the site is not behind the Center's firewall). Each employer is provided with an ID number in order for aggregate data to be placed back to a particular subpopulation and, to assess usage for strategic planning. The site offers the following features:
 - Bulletin Board
 - Daily health articles
 - Healthy recipes
 - Virtual Trainer...good feedback from employees as it contains some personalized information and sport specific training.
 - HabiTracker....personal management tool and a daily tracker
 - Incentive programs & HRA
 - Medical Encyclopedia
 - Incredible resource and user friendly

JSC was also due for a new fitness center which opened on January 19th. The facility is accessible to badged employees, their families and retirees. Starport Fitness has the following features:

- 7,000 sq ft Fitness room
- New top of the line cardiovascular and resistance training equipment
- 2 rooms outfitted and equipped for group exercise
 - 40 classes offered each week
- Renovated locker rooms with additional capacity
- Full fitness support staff
- Hours of Operation are
 - Monday-Friday 5:30 a.m.-10:00 p.m.
 - Saturday 9:00 a.m. -5:00 p.m.
- Starport Wellness Membership is as follows:
 - NASA civil ...at no charge
 - Contractor employees... at no charge to the employee if their company supports the wellness program through premium contribution to the Starport Partner Program. The premium was calculated at \$26/person/year which was pre-paid by participating employers and, it was paid for their entire employee population, whether the employee used the facility or not. This Premium is subject to change in subsequent years based on operational costs. Since this is our first year, \$26 was an educated cost projection.
 - Prices for retirees, spouses, dependants, and contractors that are not with a participating company are:
 - \$240.00 a year, \$150.00 6 months
 - There is a fee for recreational classes and leagues

Support to Exploration Wellness is provided by the following disciplines and services at JSC:

- Occupational Health Clinic serves as a resource, advertises the program to patients and supports behavior change classes.

- Food Services provides healthy snacks and labels them as such in all vending machines, offers healthy options at cafeterias and fruit smoothies are offered at Starbucks cart.
- Flight Medicine has a dedicated staff member for health education and this individual is an active member of the Exploration Wellness team. Some astronauts have utilized the interactive website however our focus is on the high risk population in the general employees. Astronauts are fit.
- Contractors' wellness representatives support Exploration Wellness by distributing advertisement materials to their employees.

Health Education and Wellness Program
Kris Calderon, PhD, CHES
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KSC Health Education Administrator

<http://hewp.ksc.nasa.gov> is also located outside the KSC firewall and accessible to all.

KSC's health education program supports close to 20,000 employees at NASA KSC and Cape Canaveral Air Force Station, collectively known as "Spaceport." The position of the health education administrator is part of the OH clinic yet separate from the fitness center. The goals of our program are as follows:

- Increase awareness through education
- Encourage and provide healthy lifestyle choices
- Early disease detection

Education outreach is met through a combination of monthly topics made available on-line and hardcopy. 2/3 of the employees belong to a trade organization and work in shops with limited computer access. It was soon recognized that on-line programs alone will have limited outreach. Therefore, printed materials are utilized to supplement on-line offerings. Additionally, reaching over 200 Contractor Companies (employers) at KSC has proven challenging. Continuous outreach with the Human Resources personal is time consuming. The N.E.W.S. program which stands for Nutrition Education for Workers at the Spaceport is an online product with a variety of nutritional information. Employees can ask questions from this site. Workshops are another outreach method which provide for small group, face to face interaction. Nutrition 101 and Stress management are most sought after workshops. This year alone 1100 employees have gone through the stress workshop.

To encourage and provide healthy lifestyle choices I have partnered closely with the fitness center, the food services contractor and non-profit organizations in our community. For example, the WOW program (Wellness Of the World) is a 15 week lifestyle behavior modification program with many component of screening and measurement that has proven successful and well received at the center.

Efforts in the area of risk reduction and early disease detection are met in a variety of ways. For example, our Cardiovascular Disease Screening (CVD) is offered free of charge to all employees and on monthly basis. It includes a lipid panel, BP screening, and fasting blood glucose. At-risk employees receive a written report and telephone

counseling. The counseling program will soon include borderline employees. Other screening programs are colorectal cancer and vision. "Fuel 4 Women" program was set up to address the special needs of women since 2/3 of the workforce are men. This year alone we have screened 200 women for osteoporosis; the upcoming event will address optimal aging.

